

July 2014

**Centennial Hills Active Adult Center 50+**

**6601 N. Buffalo Drive (702) 229-1702**

**Monday-Friday, 8 a.m. - 6 p.m.**

**Registration for all activities marked with a (+) begins Monday, June 16.**

**CLASSES**

**CHAAC Book Club**

July Book: Language of Flowers by Diffenbaugh  
August Book: Confederacy of Dunces by O'Toole  
Wednesday, July 2, 12:30 p.m., FREE

**Computer Basics (+)**

Tuesdays, July 8-22  
Noon - 2 p.m., \$30

**Digital Camera (+)**

Make an appointment for your  
one-on-one lesson with Rich on either a  
Monday or Wednesday.  
\$10 per lesson

**eBay Classes (+)**

Tuesdays, July 8-22  
2:30 - 4:30 p.m., \$30

**Intermediate/Advanced Oil Painting (+)**

Novice and experts welcome!  
Wednesdays, July 2-30  
9 - 11 a.m., \$25

**Indoor Golf Lessons**

Lessons will return in September

**Jewelry Design Class**

Thursdays, 9:30-11:30 a.m., FREE

**Knitting**

Wednesdays, 9 a.m., FREE

**Quilting**

Tuesdays, 8:30 - 11:30 a.m., FREE

**Tole Painting**

Wednesdays, 11:30 a.m., FREE

**Word/Excel 101 Part I**

Classes will resume in September.

**Word/Excel 101 Part II**

Classes will resume in September

**SPECIAL EVENTS**

**Bunco (+)**

Let's play Bunco and enjoy a chicken wrap.  
Wednesday, July 2, 10 a.m. \$5

**Current Events Discussion Group**

Self-led, open-minded group meets the  
2nd and 4th Wednesday of each month.  
Wednesdays, July 9 and 23, 12:30 p.m., FREE

**Movie - "Ride Along" (PG-13)**

Comedy starring Ice Cube and Kevin Hart  
Monday, July 14, 10 a.m., FREE

**Scrapbooking and Card Making**

Monday, July 14, 1 p.m., FREE

**Estate Planning & Healthcare Directives (+)**

This seminar is provided by the  
Southern Nevada Senior Law Program.  
During the seminar, an attorney will lead you  
through key factors to planning your estate.  
Tuesday, July 15, 11 a.m., FREE

**Vegan and Healthy Eating (+)**

Learn how making small changes to your  
diet can make you feel better.  
Wednesday, July 16, 12:30 p.m., FREE

**Summer Fun Luncheon (+)**

Join Councilman Ross and his Northwest Youth  
Empowerment Council as they put on a fun event  
for you! You'll enjoy hamburgers, potato salad,  
baked beans and dessert. CHAAC Belly Dance class  
will perform for you as well.  
Wednesday, July 23, 11:30 a.m., \$8

**Manifesting your Desires (+)**

Dr. Jerry Biberman will lead this workshop on how  
we can each manifest our desire by using  
meditation and other strategies.  
Tuesday, July 29, 10 a.m., FREE

**Bingo (+)**

Play Bingo on our new electronic board and enjoy a  
homemade lemon bar.  
Thursday, July 31, 11 a.m., \$5

**Anything marked with a (+) requires  
advanced registration, which begins  
Monday, June 16.**

**The Active Adult Center will be  
CLOSED on Friday, July 4.**

## **The Political & Military Leaders in the American Civil War (+)**

### **Week 1**

The Presidents; Lincoln & Davis

### **Week 2**

The Generals; Grant & Lee

### **Week 3**

Lee's Lieutenants; Jackson & Longstreet

### **Week 4**

Grant's Lieutenants; Sherman & Thomas

Mondays, July 7-28, 11:30 a.m. - 1:30 p.m., FREE

## **Fire & Fall Summer Safety for Seniors (+)**

Please join Tim Szymanski, Fire Public Education and Information Officer for Las Vegas Fire & Rescue, as he discusses fall prevention, hydration issues and general safety information.

Wednesday, July 9, 10 a.m., FREE

## **Health, Wellness & Community Assistance**

### **Grief & Loss Support Group**

Tuesdays, July 8 and 22, 9 a.m., FREE

### **Alzheimers & Dementia Support Group**

3<sup>rd</sup> Wednesday/month, July 16, 4 p.m., FREE

### **CareMore - Diabetes Talk (+)**

Healthy foods vs. unhealthy foods and how it relates sugar control.

Tuesday, July 15, 11 a.m., FREE

### **Medicare 101 (+)**

Lee Jordan will lead this discussion on the A,B,C,D's of Medicare and the three paths associated with Medicare.

Tuesday, July 29, 10 a.m., FREE

### **AARP "Smart Drive" Course (+)**

Wednesday, July 30, 1-5 p.m.

\$15/AARP member or \$20/non-member

### **Senior TOPS (Taking Off Pounds Sensibly)**

Thursdays, 9 a.m., 1st meeting is FREE

**Anything marked with a (+) requires  
advanced registration, which begins  
Monday, June 16.**

## **DAILY CARDS & GAMES**

*Due to other activities,  
please don't arrive more than  
15 minutes prior to the start of each  
game listed below.*

### **Bridge (Party)**

Wednesdays, 2:30 p.m.

Fridays, 9:30 a.m. - 12:30 p.m.

### **Chinese Mah Jongg**

Wednesdays, 2 p.m.

### **Dominos (Mexican Train/Chicken Foot)**

Tuesdays, 12:30 p.m.

### **Duplicate Bridge**

Wednesdays, 11:30 a.m. - 2:15 p.m.

### **Euchre**

1<sup>st</sup> and 3<sup>rd</sup> Tuesdays of each month  
9 a.m. - noon

### **Hand & Foot Canasta**

Fridays, noon

### **Mah Jongg (National League)**

Mondays and Thursdays, 12:30 p.m.

### **Pinochle**

Mondays, 9 a.m. - noon

Mondays, 2 p.m.

Tuesdays, 2:30 p.m.

### **Poker**

Tuesdays, 1 p.m.

Thursdays, 11:30 a.m.

### **Rummikub**

Thursdays, 1 p.m.

**All afternoon games  
must END by 5:30 p.m.**

**The Active Adult Center will be  
CLOSED on Friday, July 4.**

Our annual membership fee is \$2 per year and includes access to all activities listed in this newsletter, some of which may have an additional fee. Through a partnership with the Centennial Hills YMCA, city of Las Vegas Centennial Hills Active Adult members have limited time usage of the cardio/weight room and the indoor lap pool. Pick up a fitness schedule at our front desk.



[www.lasvegasnevada.gov](http://www.lasvegasnevada.gov)

